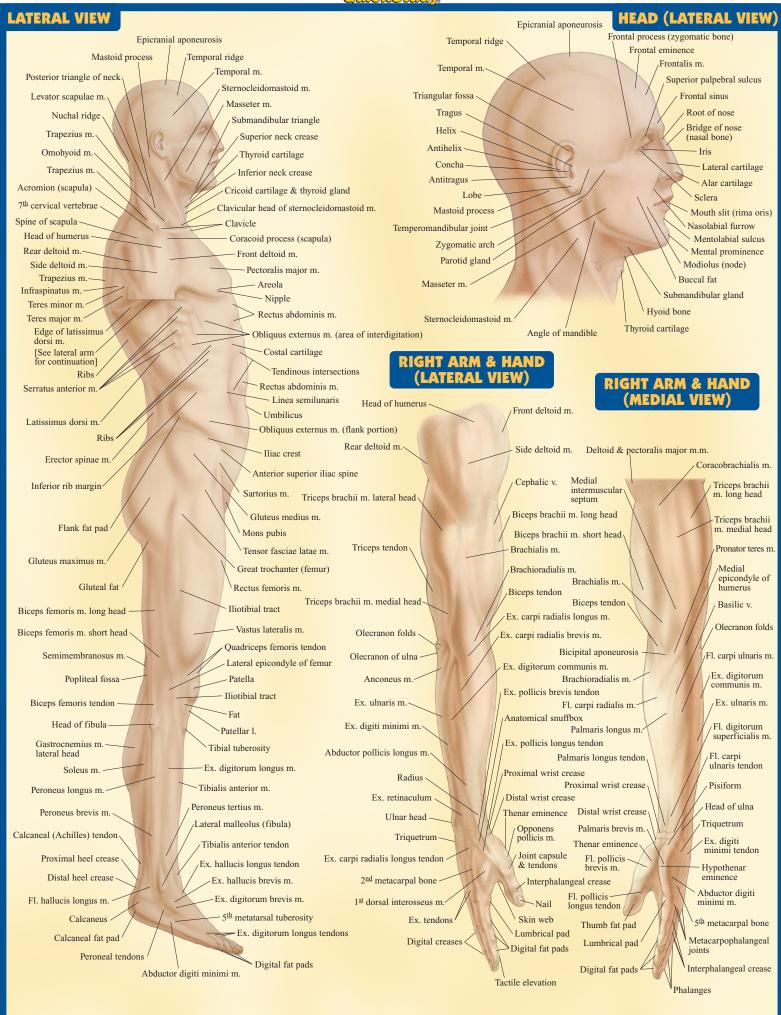


Crura of anithelix Greater alar cartilage Triangular fossa Auricular Vibrissae Semispinalis capitis m. Medial crus Wing of nose Cymba conchalis (external hairs) Epicranial aponeurosis tubercle Nostril Superior pillar of mouth Lateral crus Crus of helix Temporal m. Occiput Scaphoid Ridge of philtrum - Buccal fat fossa Anterior notch Nuchal furrow Philtrum Helix Nasolabial Tendinous floor External acoustic meatus furrow of trapezius m. Modiolus (node) (auditory canal) Concha Helix New skin Rhomboid major m. auricle Supratragic tubercle (under trapezius) Inferior (white line) Mastoid bucolabial Antihelix Inferior angle of scapula process Masseter m. sulcus Splenius Tragus Trapezius tendon Red lir capitis m. Angle of mandible auricular sulcus margins Infraspinatus m Cavity of concha Sternocleido-Superior Inferior pillar of mouth Thoracic spine mastoid m. Antitragus labial tubercle Cervicial spine Mouth slit (rima oris) Rear deltoid m Mentolabial sulcus Intertragic incisure Inferior lip (labium) Acromion (scapula) Mental prominence Rhomboid triangle Trapezius m. Serratus anterior m. (under latissimus dorsi m.) Scapular spine Deltoid m. Teres major m 7th cervical vertebrae Trapezius m. lower files Rhomboid minor m Ribs Trapezius m. apex ~ Teres minor m Median furrow Scapula medial border Erector spinae m. (iliocostalis lumborum) Triceps brachii m. lateral head Brachioradialis m Latissimus dorsi m. upper border Lateral epicondyle Triceps brachii m. long head Head of radius Triceps brachii m. medial head Condyloid depression Olecranon creases Medial epicondyle Ex. carpi radialis longus m. Erector spinae m. Olecranon with overlying bursa Externus oblique m. Ex. carpi radialis brevis m. Lumbar triangle - Anconeus m Iliac crest Ex. digitorum communis m. Ex. digiti minimi m. Sacral Abductor pollicis longus m. Ex. carpi ulnaris triangle Fl. carpi ulnaris m. Erector spinae tendons over multifidous m. Gluteus Triquetrum-- Ex. pollicis brevis m. Ulnar ridge maximus m Trapezium Buttock fat Gluteus medius m. 1st dorsal interosseus m Great Subgluteal Anatomical snuffbox trochanter crease Ex. digiti minimi tendon Posterior Hamstrings Ex. pollicis longus tendon Lumbrical expansion group m.m. superior Radius iliac spine Biceps femoris m. long head Abductor digiti minimi m. tendon Sacral dimple Dorsal Abductor magnus m. & fat Semitendinosus m. Intergluteal crease Ulnar styloid process Gracilis m. RIGHT HAND (DORSAL VIEW) Semimembranosus m. Vastus lateralis m. **LEFT FOOT (PLANTAR VIEW** Biceps femoris m Proximal wrist crease Anatomical snuffbox Distal wrist Femur (medial epicondyle) Calcaneal fat pad Biceps femoris tendon Abductor pollicis longus & Popliteal swelling Trapezoid ex. pollicis brevis tendons Semitendinosus tendon Ex. retinaculum Sartorius m. 2nd metacarpal bone Ex. carpi radialis Tibia (medial epicondyle) Fibula head Tubercle of 5th metatarsal Trapezium bone Fl. knee crease Ulnar head Cephalic v. Gastrocnemius m. medial head Styloid process of ulna 1st dorsal Gastrocnemius m. Triquetral bone Abductor hallucis m. interosseus m. lateral head Basilic v. Soleus m.s 1st metacarpo-phalangeal joint Medial arch Ex. digitorum communis & ex. Lateral arch indicis tendons Fl. digitorum Plantar aponeurosis .Calcaneal (Achilles) Abductor digiti minimi m. longus m. Abductor digitiminimi m. Peroneus Ex. digiti minimi tendon Thumb Adbuctor hallucis m. brevis m. Ex. expansion Tibialis Dorsal finger creases Medial malleolus (tibia) posterior Proximal -Proximal 1st metatarsophalangeal fat pad Fl. retinaculum tendon Distal interphalangeal joint Metatarsophalangeal Lateral malleolus (fibula) fat pad for 3,4 & 5 Phalangeal bone bodies Peroneus longus tendon 2nd metacarpo-Proximal heel crease Median crease Distal phalangeal joint Distal heel crease interphalangeal joint Calcaneus Ex. digitorum brevis m./ Little finger Calcaneal heel fat Lunula Ring finger Abductor digiti minimi m./ Metatarsophalangeal fat pads Index finger Digital fat pads Plantar fascia Middle finger Medial arch Phalangeal fat pads Navicular tuberosity Abductor hallucis m.



RIGHT LEG (MEDIAL VIEW) Acromion process Gluteal fat Supraclavicular fossa Femoral a. & v. Pectoralis major m. Trapezius m. Omohyoid m Coracobrachialis m. Clavicle Sternocleidomastoid m. Adductor magnus m. Deltoid m. Jugular notch Biceps brachii m.: (suprasternal) Long head \ Gracilis m. Manubrium Short head -(sternum) Rectus femoris m. Deltopectoral groove Adductor longus m. Sternal angle Triceps brachii m. medial head-Costal cartilage Semimembranosus m. Triceps brachii m. long head Body (sternum) Teres major m. Axillary tail of Sartorius m. Semitendinosus m. mammary gland Latissimus dorsi m. Areola Xiphoid (sternum) Band of Richer (fascia lata) Serratus anterior m. & rib cage Nipple (papilla) Vastus medialis m. 5 Semimembranosus m. Areolar glands Costal margin Breast (mammary gland & fat) FEMALE HIPS Popliteal swelling Umbilieus Rectus abdominis m. Linea alba Patella Obliquus externus m. Iliac crest Fl. knee crease Abdominal Anterior superior iliac spine crease Inguinal 1. Medial condyle of femur Pes anserinus: Sartorius m. Gluteus medius m. Gracius m. Great Semitendinosus m. trochanter Patellar 1 Pubic Tensor fasciae latae m. symphysis Tibial tuberosity Mons Gastrocnemius m. medial head veneris Tibial plateau Rectus femoris m. Thigh Tibialis anterior m. crease Vulva Adductor group Sartorius m Labium majus Anterior margin of tibia Soleus m. Vaginal crease Vastus lateralis m. Tibia medial surface MALE HIPS Linea semilunares Umbilicus Linea alba Calcaneal (Achilles) tendon Medial malleolus Inguinal 1 Rectus abdominis m. Ex. retinaculum Proximal heel crease Anterior superior Gluteus medius m Tibialis anterior tendon iliac spine Sartorius m. Ex. digitorum longus tendon Distal heel crease Tensor fasciae latae m Ex. hallucis longus tendon Pubic symphysis Tibialis posterior tendon Cuneiform 1. Great trochanter Calcaneus 1st metatarsal bone Inguinal fold

NOTE TO STUDENT

1st interphalangeal joint

Nail

Digital fat pad

Use this comprehensive study guide in the classroom, in the gym, at home or anywhere you need complete anatomical information. This guide is not designed to take the place of

Metatarsophalangeal joint

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Calcaneal fat pad

Tuberosity of navicular bone

Medial arch Abductor hallucis m.

Head of 1st metatarsal

Femoral triangle

Rectus femoris m.

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Scrotum

Penis



Ductus deferens & cremaster m.

Adductors grouped